

## AMENDMENTS

### IN THE CLAIMS

13. (Previously Amended) A hydration system comprising a flexible pouch including a plurality of layers all joined together to form at least two compartments, at least one of said compartments for being filled with a thermal capacitance medium.

14. (Cancelled)

15. (Previously Amended) The system of claim 13, wherein said pouch is formed by a first bag surrounded at least partially by a second bag.

16. (Original) The system of claim 13, wherein said pouch is formed by a first sleeve surrounded at least partially by a second sleeve.

17. (Original) The system of claim 13, wherein said medium consists of a cooling medium.

18. (Original) The system of claim 13, wherein said medium consists of heating medium.

19. (Original) The system of claim 13, further comprising a conduit having an inlet and an outlet, said inlet being in fluid communication with a compartment for drinking fluid.

20. (Previously Amended) The system of claim 19, further comprising a valve at said conduit outlet.

21. (Original) The system of claim 20, further comprising a pack configured to receive said pouch and be wearable by a user.

22. (Currently Amended) A hydration system comprising:  
a flexible pouch including a plurality of layers, said plurality of layers being all joined together to form at least two compartments,

a conduit having an inlet and an outlet, and  
a pack including a housing portion and straps,  
wherein at least one of said compartments is filled with gel, and at least one of said compartments is for being filled with drinking fluid,  
wherein said conduit inlet is in fluid communication with said ~~drinking fluid compartment for drinking fluid~~, and said outlet is capped by a valve, said valve being a bite-valve articulable by the jaws of a user,  
wherein said drinking fluid compartment is in fluid communication with a sealable opening for fillings said drinking fluid compartment, and  
wherein said flexible pouch is received within said housing portion of said pack.

23. (Currently Amended) A method of preparing an integral thermal medium hydration system for use, the method comprising:

- a) providing a hydration pouch having a compartment containing gel, and an empty compartment for drinking fluid,
- b) chilling said hydration pouch,
- c) filling said ~~drinking fluid compartment for drinking fluid~~ with drinking fluid through a sealable opening in fluid communication with said drinking fluid compartment, and
- d) placing said pouch in a pack wearable by a user.

24. (Original) The method of claim 23, wherein said chilling is performed in a freezer.

25. (Currently Amended) A method of preparing an integral thermal medium hydration system for use, the method comprising:

- a) providing a hydration pouch having a compartment containing gel, and an empty compartment for drinking fluid,
- b) heating said hydration pouch,
- c) filling said ~~drinking fluid compartment for drinking fluid~~ with drinking fluid through a sealable opening in fluid communication with said drinking fluid compartment, and
- d) placing said pouch in a pack wearable by a user.

26. (Original) The method of claim 25 wherein said heating is performed in a microwave.